



### Monday

5:45am-6:35am Hot Power Flow, Mechelle (Z)  
12:05pm-12:55pm Power Vinyasa, Brooke  
1:15pm-2:00pm Pilates, Hannah (Z)  
4:15pm-5:00pm Loft Bounce, Hannah\* (Z)  
5:30pm-6:20pm Loft Barre, Rainie

### Tuesday

5:45am-6:35am Hot Flow & Mobility, Hannah (Z)  
12:05pm-12:55pm Loft Barre, Hannah (Z)  
4:15pm-5:00pm Pilates, Rainie  
5:30pm-6:30pm Yoga Flow, Lizzy

### Wednesday

5:45am-6:35am Hot Mess Express, Mechelle (Z)  
12:05pm -12:55pm Yoga Flow, Lizzy  
1:15pm-2:00pm Loft Bounce, Hannah\* (Z)  
5:30pm-6:20pm Loft Barre, Hannah (Z)

### Prices

Drop In \$24.00

10 Class Card \$145.00 (Good for 1 year)

12 Month Membership \$99.00 per month

Student Drop In \$15.00

Student Membership per Semester \$150.00

One-Time Full Year Membership \$1,088 (\$100 Savings)

One-Time 6 Month Membership \$800

### Thursday

5:45am-6:35am Hot Flow & Mobility, Hannah (Z)  
12:05pm-12:55pm Loft Barre, Hannah (Z)  
4:15pm-5:00pm Pilates, Morgan  
5:30pm-6:30pm Slow Flow, Mo

### Friday

11:00am-11:45am Loft Bounce, Hannah\* (Z)  
12:05pm-12:55pm Loft Barre, Rainie

### Saturday

8:00am-9:00am Hot Flow & Mobility, Hannah (Z)  
9:30am-10:20am Hot Loft Barre, Hannah (Z)  
2:00pm-3:00pm Prenatal Yoga, Jenny  
3:15pm-4:05pm Postpartum Strength, Jenny

### Sunday

9:00am-9:50am Loft Barre, Rotation  
11:00am-11:55am Downtogs & Draughts held at Ten Mile Creek Brewery - \$15 for yoga and a pint, Rotation  
3:00pm-4:00pm Sunday Yoga, Tyler

(Z) - Classes also offered through Zoom

**\*Please email, text, or message to reserve a spot for the Loft Bounce classes**

740 Front Street, Unit 2B  
www.loftstudiomt.com  
loftyogahelena@gmail.com